



# 2011 Class Timetable

Time	Monday	Tuesday	Wednesday	Thursday
6.15 – 7.00	Circuits	Aerobics	Step n Sculpt	YOGA 7.00-8.00pm
7.05 – 7.45	Tai Chi	Body Con / Stability Ball	BLT 7.05-7.35	

Circuit Training Get your blood pumping and your body shaking! This is a full body circuit training workout to burn fat and tone the body for maximum results.

Tai Chi An ancient Chinese form of exercise, a low tempo class suitable for all ages & abilities, a body & mind must have!

Aerobics A high tempo cardiovascular workout that is great for fun, fitness and fat loss for all fitness levels.

Body Conditioning/stability ball Shape and sculpt your body with this mid tempo toning class focusing on all areas of the body with exercises incorporating the ball

Step 'n Sculpt Step up the pace no matter what your ability is with this mid to high impact sweat demanding class!

Bums, Legs 'N' Tums This mid tempo classes focuses on toning those problem areas.... Bums, legs 'n' tums

Yoga - A sequence of basic yoga postures, yogic breathing techniques and relaxation to help you chill.



### Please Note

- Classes are free for members
- Policy of first come first served is in place
- Minimum no. participants required for classes
- Water bottles and a towel should be used in classes
- Pay as you go or block booking options available, €5 for short classes, €7 for longer classes, €10 to do both classes in a night and €10 for yoga
- Instructors may change
- Suitable clothing & footwear to be worn
- Please arrive 10 mins early to ensure entry